



Cooking Demonstration: Fifty Shades of Grain

Event Date:

Thu, Oct 08, 2015

Adrienne Cook, Gardening and Cooking Writer and Danielle Cook, MS, Nutritionist and Cooking Instructor

What other nutrient-rich and deeply satisfying grains are out there and how do you cook them? Two recipes from the Cook Sisters will feature the panoply of grains now easily accessible at supermarkets and on line. Delicious, comforting dishes for fall dining and beyond.

Date: Thursday, October 8

Time: 12 p.m. to 12:45 p.m.

Location: Conservatory Garden Court

FREE: No pre-registration required



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